



Look for Some Real-life Role Models

What about other people inspires you?

These are my role models:

I admire them because:

Ask an older member of your family about a person he or she knew in school who was popular. What made that person popular? More often than not you'll probably hear that they had a great personality, or was a good friend, or had a sense of humor, or was active and always willing to do things. You probably won't hear that they were just someone who looked good. Even if they were considered really attractive, they probably had more going for themselves like self-confidence and personal style. Their positive feelings about





themselves are most likely what made them attractive and popular. That is important to remember when you're concerned about your looks. Did you know that most photographs of models in magazines are retouched so that they look perfect? Photographers work in their studios for hours to erase any red marks, shadows, or pimples on the models' faces. They're trained to hide imperfections. It's impossible to be perfectly beautiful. But it's not impossible to be the kind of person people like.

Remember, lots of people go through times when they feel self-conscious about how they look. These feelings are normal-not fun, but normal. Decide what your best features are. Remember to include not just your physical attributes, but also those things you love about your personality, such as your sense of humor and your ability to be a good friend. Make a list here.



My Best Features Are:

